

Effects of Bullying on Children

Children who are bullied tend to:

- Experience further rejection from peers.
- Have lower self-esteem than other children.
- Feel more lonely, anxious, and insecure.
- Avoid and dislike school.

As children who bully grow up, they tend to:

- Commit more crimes,
- Commit more driving offenses,
- Receive more court convictions,
- Report higher incidents of alcoholism,
- Experience more antisocial personality disorders,
- Use more mental health systems,
- And commit more spousal abuse

than their nonaggressive counterparts.

See the *Steps to Respect* Program Guide for references and more information.

***Steps to Respect* Definition**

Bullying is unfair and one-sided. It happens when someone keeps hurting, frightening, threatening, or leaving someone out on purpose.

Bullying Behaviors

- Physically hurting or threatening to hurt someone
- Social exclusion
- Insults
- Name-calling
- Mean gossip and rumors
- Sexual Bullying

Identifying Bullying Behavior

Directions: Place a “B” next to the situations that you think depict bullying behaviors.

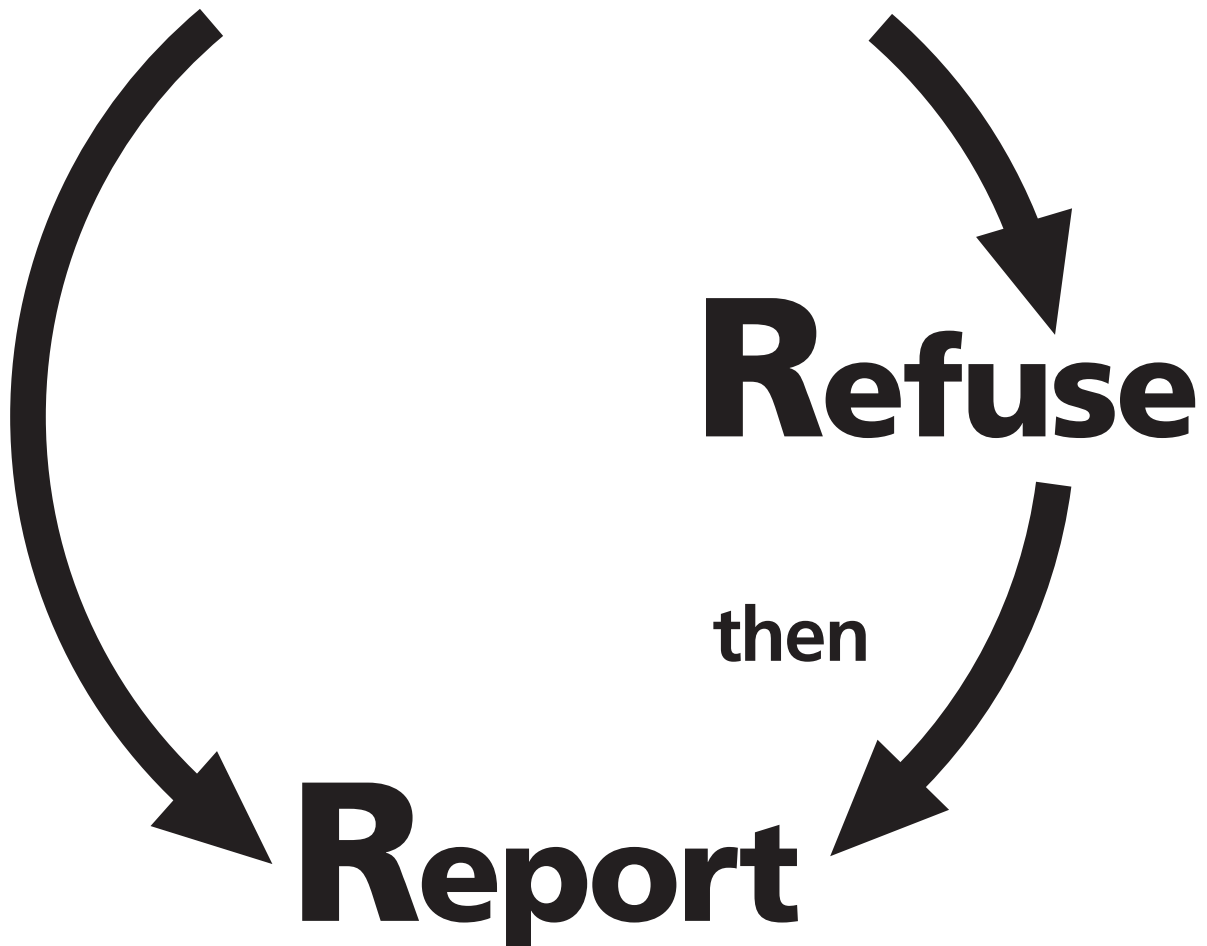
- B** 1. A bigger student keeps pushing a smaller student down on purpose.
- B** 2. A group of students always leaves out the new student during kickball games—even when she asks to play.
- ___ 3. Best friends Molly and Amara fight about whose turn it is during a checkers game.
- ___ 4. Keisha gets mad and calls Penny a name because Penny did not come to her birthday party.
- B** 5. Some students take Kenny’s jacket and play keep-away with it on the school bus. Kenny tells them to stop, but they don’t listen.
- B** 6. Three students always make fun of Benjamin’s hair. This makes him cry.
- ___ 7. Teri and Jake yell at each other about cheating during a handball game.
- B** 8. A group of girls chase Tyler at recess and try to kiss him even though he has told them he doesn’t like it.
- ___ 9. Jared and Mike wrestle a lot. One day, Jared’s arm gets hurt.
- B** 10. Tom and Martin flip up girls’ skirts at the water fountain every day at lunchtime. The girls tell the boys to stop, but the boys keep doing it.

The Three Rs of Bullying

Recognize

If you don't
feel safe

If you do
feel safe



Bullying prevention programs help:

- Communicate clear standards about bullying and getting along with others.
- Interrupt unhealthy behavior patterns early and help children learn appropriate social skills.
- Provide students with resources, knowledge, and skills to help them cope with bullying situations.